EASY RECIPE FOR FAMILY FUN.

Stuffed Peppers

Serving size: 1 pepper Cost per serving: \$1.86 Makes 4 servings Prep time: 20 minutes Cook time: 45 minutes

Ingredients:

Salt to taste

1 cup uncooked brown rice
1 15 oz can black beans
4 bell peppers (any color)
1 cup reduced-fat shredded cheddar cheese
1 cup salsa
1 tomato



Directions:

- 1. Preheat the oven to 400 degrees F.
- Cook brown rice according to package directions.
- 3. Wash the peppers under running water.
- 4. Cut the tops off of the peppers and spoon out the seeds.
- 5. Drain and rinse the black beans.
- 6. Combine the beans, rice, salsa and salt.
- Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
- Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
- 9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
- 10. Bake peppers for 30 minutes, top each with 2 tablespoons of cheese and continue baking for 15 minutes more.

This recipe has a long bake time, but it is a breeze to put together. Reduce your prep time by using leftover rice or prepping the rice, beans and salsa mixture ahead of time. You can even prepare these peppers ahead and refrigerate them until you're ready to bake them.

Nutrition Information

Calories: 419 Sodium: 545 milligrams

Fat: 8 grams Fiber: 13 grams
Saturated fat: 4 grams Sugar: 6 grams
Cholesterol: 16 Protein: 22 grams

milligrams



